

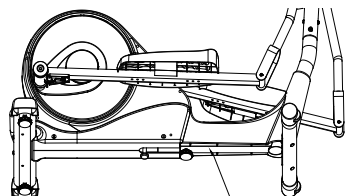
PRO-FORM[®]

P E R F O R M A N C E & I N N O V A T I O N

USER'S MANUAL

Model No. : PFIVEL74613.0

Serial No. : _____



Serial number decal

Write the serial number in the space above for reference.

QUESTIONS ?

If you have questions, or if there are missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

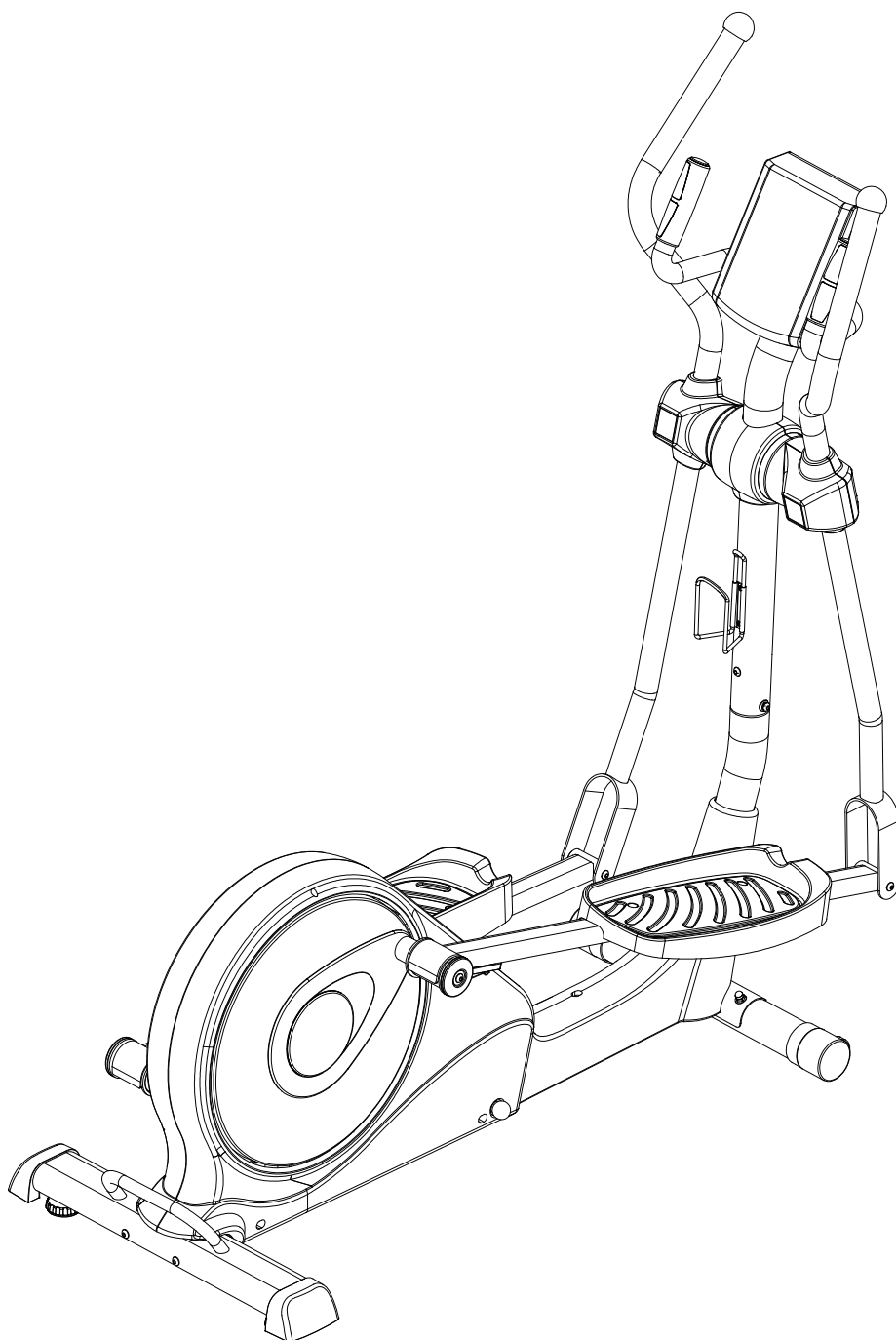
Write:

**ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK**



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



**Visit our website
www.iconsupport.eu**

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IMPORTANT PRECAUTIONS

⚠ WARNING : To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Place the elliptical on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical at all times.
8. The elliptical should not be used by persons weighing more than 250 lbs. (115 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. Keep your back straight while using the elliptical; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for purchasing the ProForm® Space Saver XLS The elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

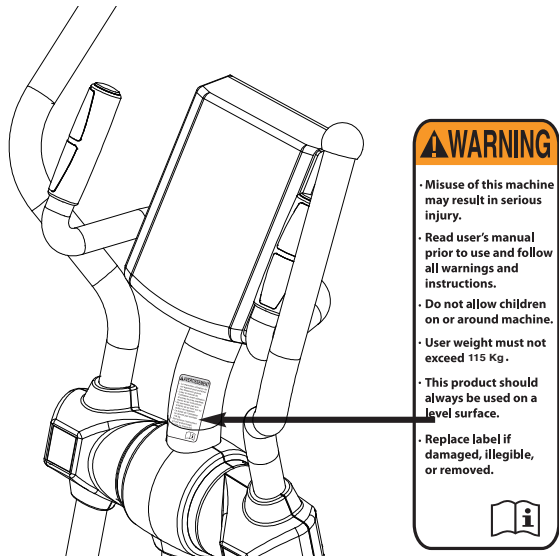
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before contacting us. The model number is **PFIVEL74613.0** and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

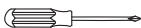
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



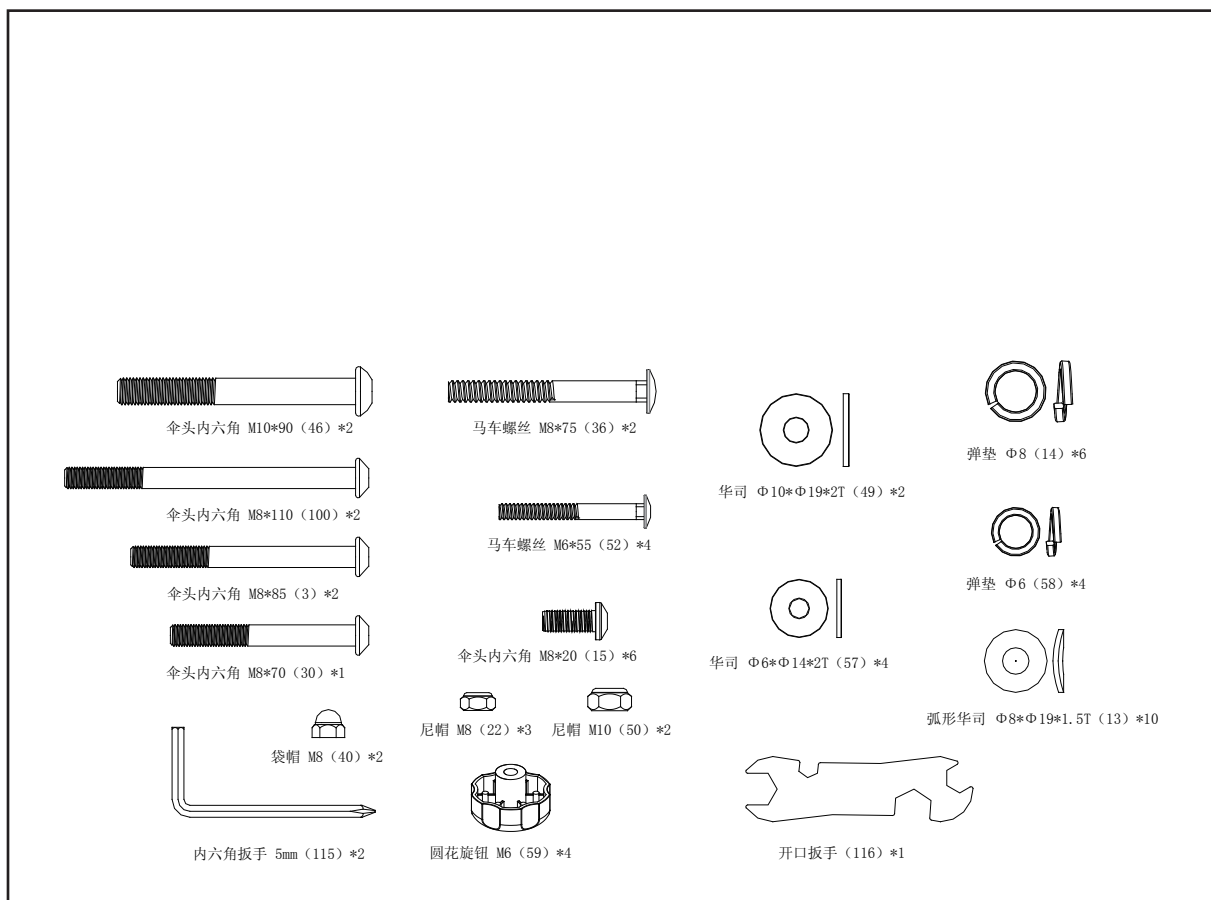
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable  wrench.

As you assemble the exercise bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly.

Note: If a part is not in the hardware kit, check to see if it has been preassembled.



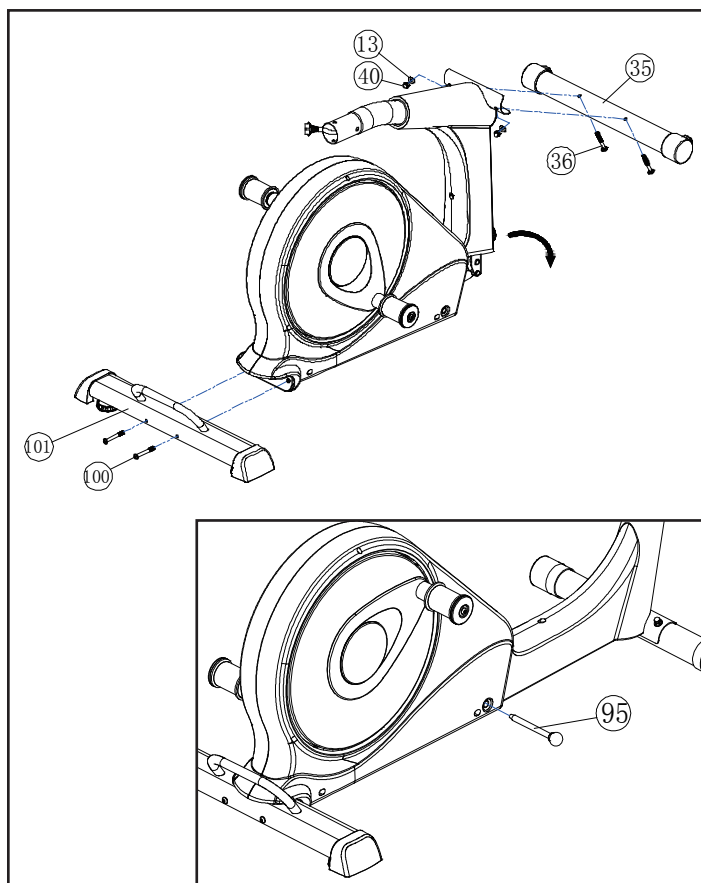
STEP 1

Fasten front stabilizer (35) with 2 carriage bolts (36) from the underside of stabilizer. Secure with 2 curved washers (13), 2 cap nuts (40). Fasten Rear stabilizer (101) with 2 allen bolts (100).

Remove the Front main frame welding (33), keep the entire main frame horizontally.

Using Bolt (95) into the using, to keep the main frame assembly tightly.

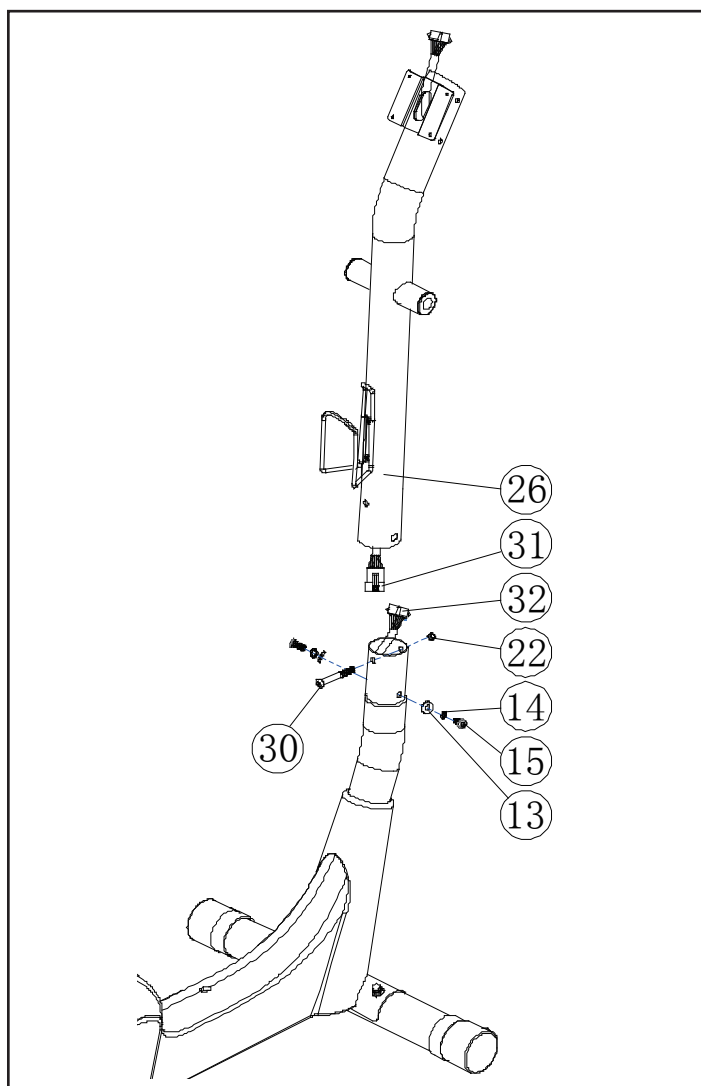
Attention: Before insert the bolt, pls to adjust the Knob under the bottom tube to keep it in Horizontal. In this way make the bolt inserted smoothly.

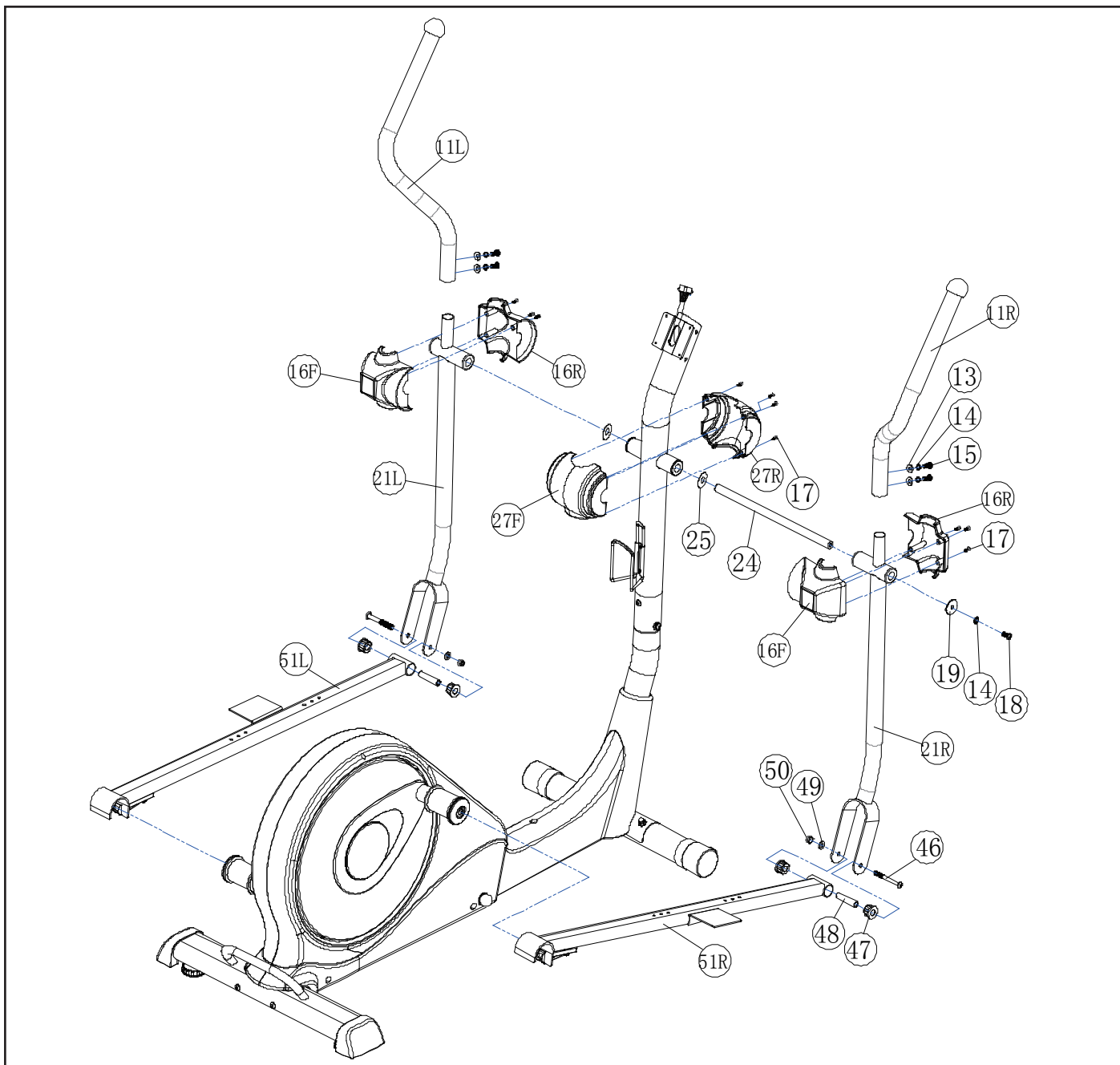


STEP 2

Carefully lift the Handlebar Post (26) until it is vertical. Connect the Upper Computer Cable (31) and the Connecting Wire (32).

Remove the loosely fitted Allen bolts (15), spring (14) and curved washers (13) from the Main Frame and the Handlebar Post (26) into position. Loosely re-fit the 2x M8 Allen Bolt (15), 2 Spring (14) and 2 Curved Washers (13), M8 Allen Bolt (30), M8 Nut (22) and align the Handlebar Post so it is straight then tighten the Allen bolts fully.





STEP 3

Slide the lower swing bar Left and Right (21) onto the Rotation Rod (24) and secure using 2 Allen Bolts (18), 2 spring (14), 2 washers (19) and 2 black washers (25) tighten fully.

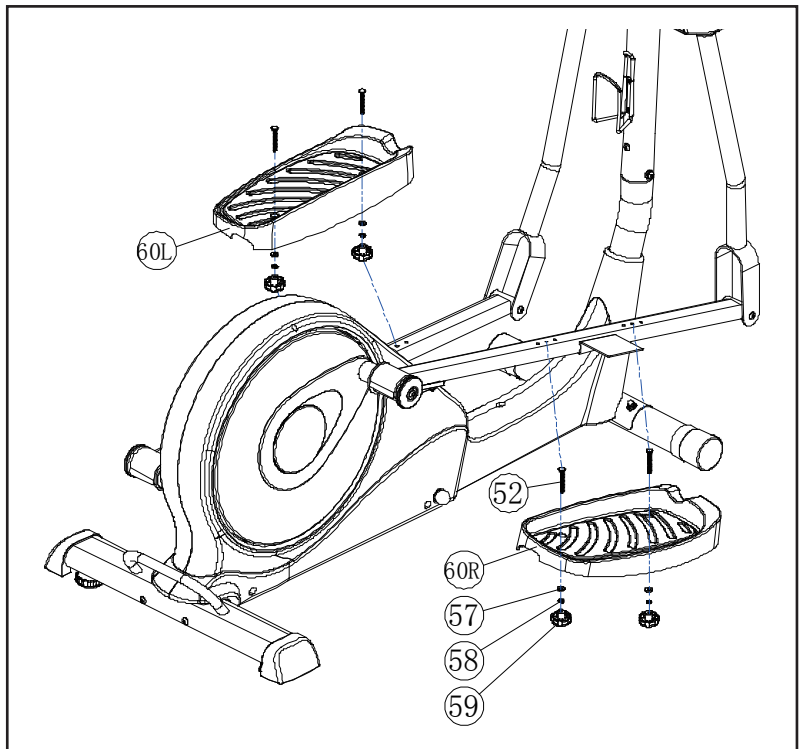
Fit the upper swing bar Left and Right (11) by slotting them onto the top of the lower swing bar Left and Right (21) and secure in place using 4 Allen bolts (15), 4 spring (14) and 4 curved washers (13), tighten fully.

Fasten footplate support bars(51L+R) to the lower swing bars(21) with Allen bolts (46) and secure it with washers (49) and nuts (50).

Secure plastic cover (16L+R) and (27F+R) onto swing bar and handlebar post with screws (17) separately.

STEP 4

Fasten right footplate (60R) with carriage bolts (52) from the right footplate support bar and secure it with washers (57), spring (58) and knobs (59) tightly. Do the same for the left pedal.



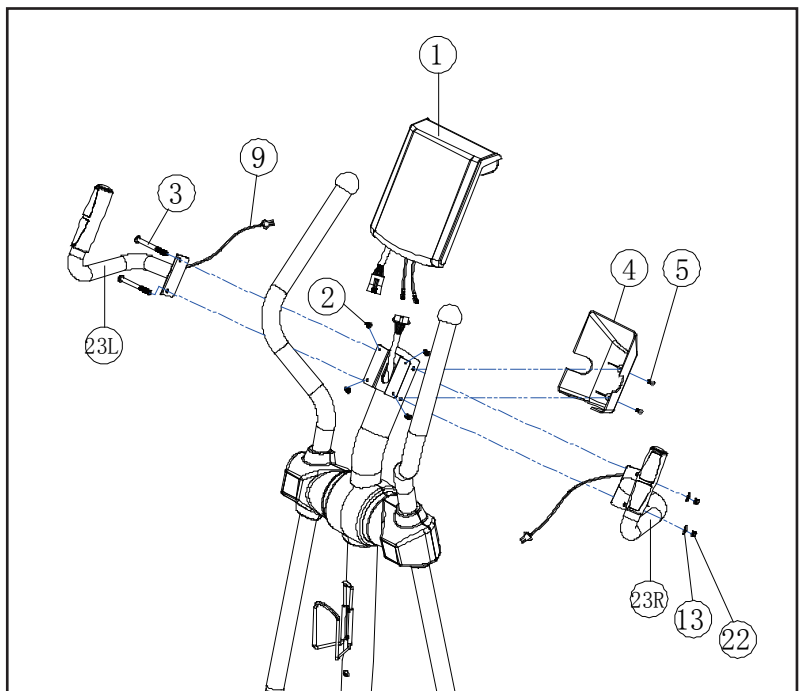
STEP 5

Secure Handle Bar (23L+R) with 2xM8Allen Bolt (3), Curved washer (13) and Nut(22).

Connect the upper computer cable (31) and the computer (1). Sit the computer (1) onto its bracket and secure in place using the 4 screws(2) previously removed.

Inset hand pulse cable (9) into the hole on the back of the computer (1)

Now your machine is ready for use.



HOW TO USE THE ELLIPTICAL

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you may turn the pedal discs in the opposite direction.

The upper body arms are designed to add upper-body exercise to your workouts. As you exercise, push and pull the upper body arms to work your arms, shoulders, and back. To focus on lower-body exercise, hold the upper body arms but do not push or pull them as you exercise.

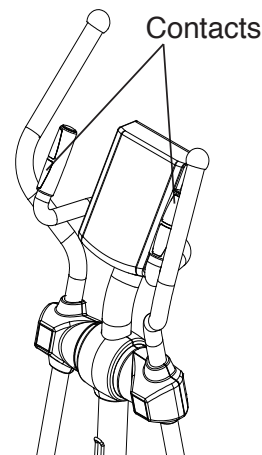
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. Note: The elliptical exerciser does not have a free wheel; the pedals

pedal first. Then, step off the lower pedal.

MEASURE YOUR HEART RATE IF DESIRED

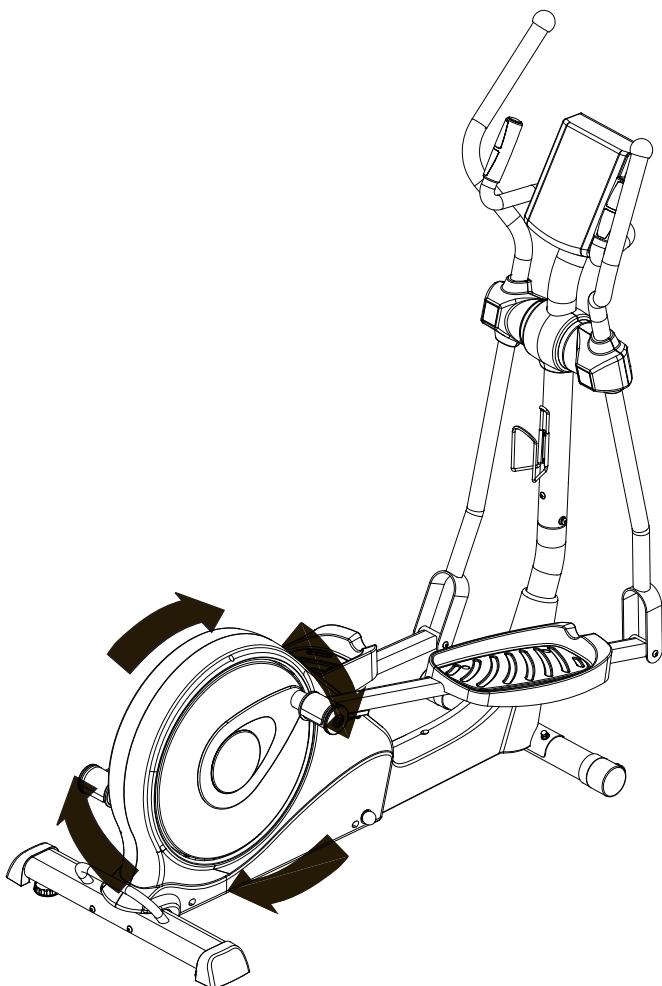
You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor.

Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately. If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly.



When you are finished exercising

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

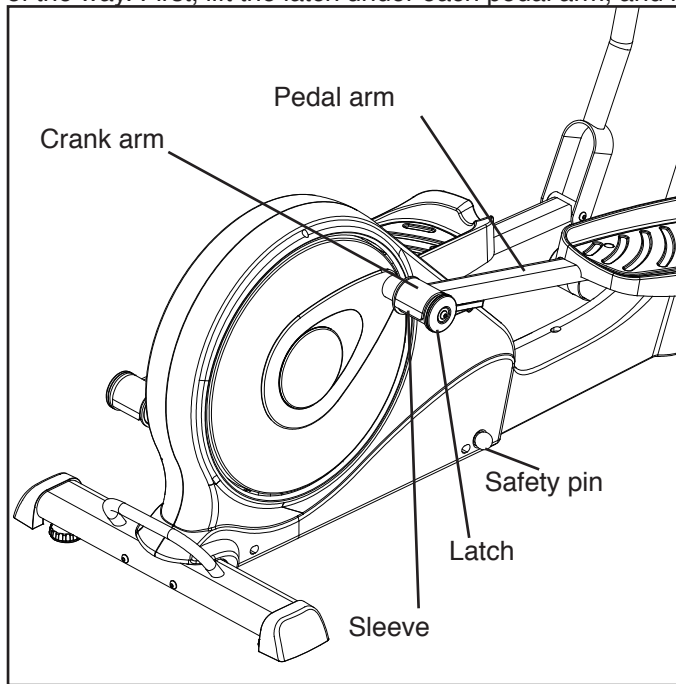


will continue to move until the flywheel stops. When the pedals are stationary, step off the highest

HOW TO USE THE ELLIPTICAL

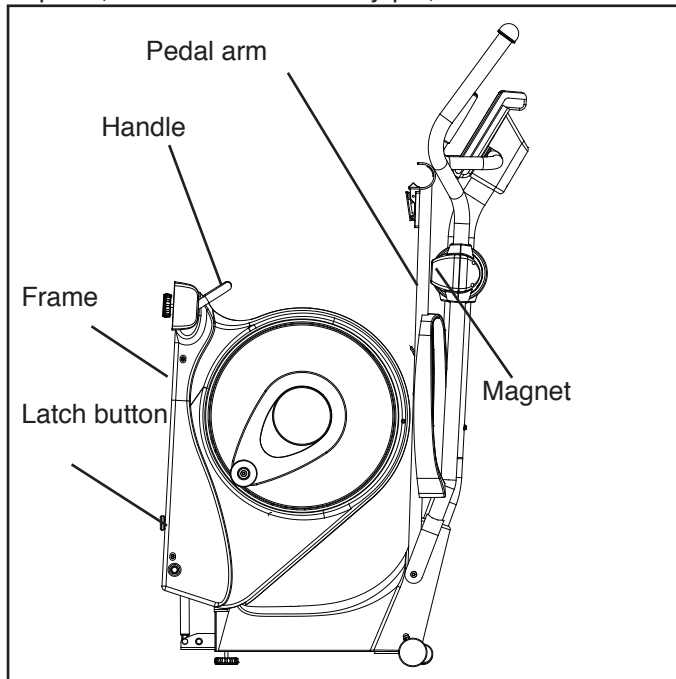
HOW TO FOLD AND UNFOLD THE ELLIPTICAL

When the elliptical is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift



the pedal arms off the sleeves on the crank arms. Then, pull the safety pin and leave like that until the elliptical is folded. Raise the pedal arms until they touch the magnets on the upper body arms; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position

Now, put back the safety pin in its location. To unfold the elliptical, first remove the safety pin, then hold the handle,



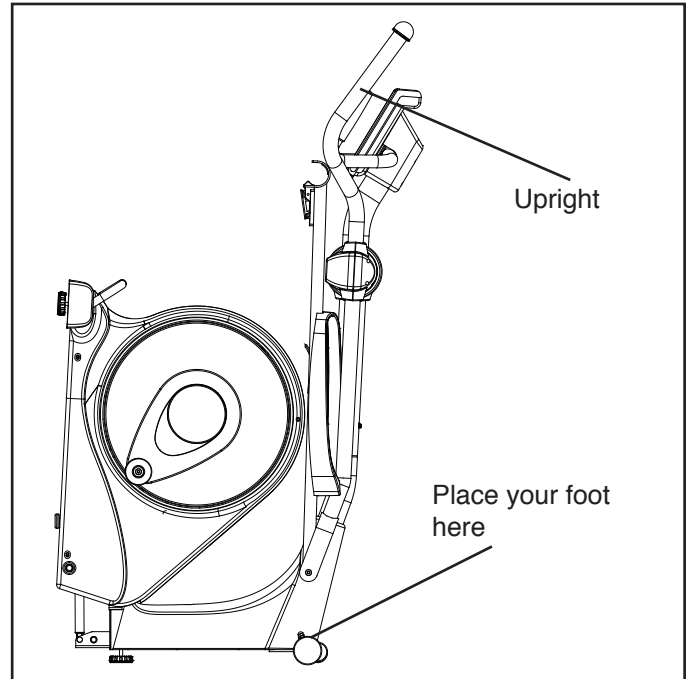
press the latch button, and lower the frame. Le piston inclus dans l'appareil permettra au produit de descendre seul en toute sécurité. Veillez à ne pas mettre vos pieds dessous l'appareil lorsqu'il s'ouvre.

Next, pull the pedal arms off the magnets on the upper body arms. Then, lift the latches under the pedal arms,

and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms. Finally, put back the safety pin in its location. You may have to force a bit to have it pulled in in place.

HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described at the left. Next, stand in front of the elliptical, hold the upright, and place one foot against the center of the front stabilizer.



Pull the upright until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired position, and then lower it.

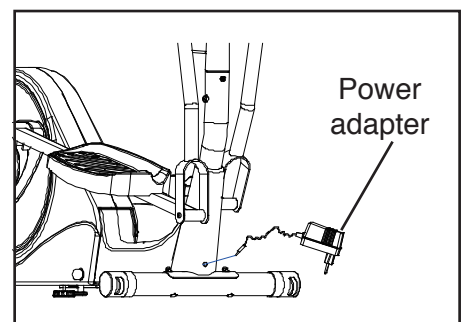
HOW TO PLUG THE POWER ADAPTER

IMPORTANT: If the exercise elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise elliptical.

Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

IMPORTANT: The adapter is only needed for the UK market. It is useless for the other markets.



CONSOLE FEATURES



Follow your progress with the display.
The console has six displays that show the following workout information:

Speed—This mode shows your pedaling speed, in revolutions per minute (rpm).

Time—This mode shows the elapsed time.
Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.

Distance—This mode shows the distance you have pedaled, in total revolutions.

Calories—This mode shows the approximate number of calories you have burnt.

Pulse—This mode shows your heart rate when you use the handgrip pulse sensor.

Watts [WATT]—This mode shows the numbers of watts you use during your exercise.

HOW TO USE THE CONSOLE

Make sure that the product is correctly plug (see page **HOW TO PLUG THE POWER ADAPTER** page 10). If there is a sheet of clear plastic on the face of the console, remove it.

1. Turn on the console :

To turn on the console, press any button on the console or simply begin pedaling.

2. Press the buttons :

MODE : Press this button to validate the adjusted values.

+ and - button: Slide your finger on the red circle to increase or decrease the values or to set the resistance.

START/STOP : For a quick start : you can start the console without selecting any program. Time starts counting from 0.

RECOVERY :

Press this button to activate the recovery test (available only at the end of a program).

BODY FAT :

Press this button to activate the Body Fat test.

RESET :

Press this button to reset the values.

3. Select a user :

When you will turn on your computer, the word U4 will flash. Select a user from U1 to U4 by sliding your finger on the + and - button, then validate by pressing the Mode button.

Select your profile : man or woman by sliding your finger on the + and - button, then validate by pressing the Mode button. (the man profile has an up arrow and the woman a down arrow).

Select your age by sliding your finger on the + and - button, then validate by pressing the Mode button.

Select your height and weight in the same way.

4. Select a program

Select your program by sliding your finger on the + and - button, then validate by pressing the Mode button (see page 12 for the use of the programs).

Press the START/STOP button to start your program.

5. Start pedaling and follow your progress with the display :

While you exercise, the console will display the selected mode.

6. When you are finished exercising, the console will automatically turn off.

If the pedals do not move for a few seconds, the console will turn off automatically. At the end of a program you'll hear a tone and the program will flash.

How to use the Pulse Recovery Test :

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing "TEST(RECOVERY)" key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing "TEST(RECOVERY)" will not enter into pulse recovery test. During the pulse recovery test, press "TEST(RECOVERY)" to exit the test and return to the stop status.
par minutes (RPM).

Caution : These data have no medical purpose, it just to gives you an approximate idea of your shape after your exercise.

BODYFAT TEST :

1. Turn on the console

To turn on the console, press any button on the console or simply begin pedaling.

2. Select a user :

See page 11. Programs shall flash at the top of the computer.

3. Select the body Fat Test

Press the BODYFAT button. This is a special test designed to calculate users' body fat percentage (FAT%), Base Metabolic Rate (BMR), Body Mass Index (BMI) and provide you a body Type.

During the body fat measurement, place both your palms on the contact pads. The test result are:

FAT%: The total body fat in our body measured by percentage

BMI: means Body Mass Index, which is used for body shape building.

During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and it will display E-1. Press the BODYFAT button to escape then start the test again.

During the test, you cannot exit, finish the test then press RESET to exit the program.

HOW TO USE THE MANUAL MODE

1. Turn on the console :

To turn on the console, press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a user :

See page 11. Programs shall flash at the top of the computer.

3. Select the manual program :

Select the MANUAL program by sliding your finger on the + and - button, then validate by pressing the Mode button. The word LOAD will flash (resistance level), you can now create your goals based on time, distance, calories or pulse. To do so, press the MODE button to navigate within the different goals that you wish to set. As soon as the words TIME, DISTANCE, CALORIES or PULSE flash, slide your finger on the + or - button to select the value then validate by pressing the MODE button. Once your goal(s) are set, press the START/STOP button to start your exercise.

Note : As soon as you turn on the console, you can press the START/STOP button to start a manual program.

4. Change the resistance of the pedals as

desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are sixteen resistance levels. Note: After you've pressed the buttons, it will take a moment for the pedals to reach the selected resistance level.

5. Follow your progress with the display.

The console displays the elapsed time and the distance you've pedaled. Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time. It also displays your pedaling speed (in RPM), the calories and fat calories you've burnt and also your heart rate when you use the handgrip pulse sensor.

6. Measure your heart rate if desired.

see HOW TO MEASURE YOUR HEART RATE page 9

7. When you are finished exercising, the console will automatically turn to sleeping mode

If the pedals do not move for a few seconds the console will turn to sleeping mode. If the pedals do not move and the console buttons are not pressed for a few minutes, the temperature will appear on the display and then the console will automatically turn off.

HOW TO USE THE PRESET PROGRAMS:

1. Turn on the console:

To turn on the console, press any button on the console or simply begin pedaling. The entire display will light for a moment, the console will then be ready for use.

2. Select a user :

See page 11. Programs shall flash at the top of the computer.

3. Select a preset program :

Select a preset program by sliding your finger on the + or - button. Once the word PROGRAM is selected, press the MODE button to validate. You will then be able to choose one of the 12 preset programs. The word P1 will flash, slide your finger on the + or - button to select the program you want.

Note : Programs 2, 3, 7, 11 and 12 being Performance programs and programs 1, 4, 5, 6, 8, 9 and 10 being Endurance programs.

Consult a coach for more details on the selection and use of a program.

Press MODE to validate.

3. Entering your data :

You can choose the intensity of your exercise once this one is selected. The word LOAD will flash on the display. Slide your finger on the + or - button to modify the entire profile of the program and then adjust the intensity of the complete program. Press the Mode button to validate. You will then be able to choose the goals of your exercise : time, distance, calories or pulse. Press the MODE button

so that the values starts flashing, then use the + or - button to modify the value, finally press the MODE button to validate. Do as before to program the other values then press the START / STOP button to start the program. For a quick start, directly press the START/STOP button once the program is selected and start pedaling.

USER SETTING PROGRAMS :

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a user :

See page 11.

3. Select a custom program :

Select the custom program by sliding your finger on the + or - button. Once, the word USER is selected, press the MODE button to validate.

3. Enter your data

The user is free to modify the values of resistance, there are 16 levels of resistance. This profile will be saved in the console after the set up. Once your program is selected and after having pressed the ENTER button, the first column start flashing and you can press up and down to increase or decrease the values and create your profile. Press ENTER to validate the value. You will then be able to adjust the values for the second column and so on. Do the same for the 20 columns. Then, press ST./SP. to start.

At the end of the program, you'll hear a tone and the program will flash.

HEART RATE CONTROL PROGRAMS :

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a user :

See page 11.

3. Select a heart rate program :

Select a heart rate program by sliding your finger on the + or - button, once the word H.R.C. appears on the display, press the MODE button to validate. Select one of the 4 Heart rate program (55%, 75% ou 90% of your maximum heart rate or your precise goal TARGET HR). Slide your finger on the + or - button to select your program, then press MODE to validate.

The HRC is calculated as follow : $220 - \text{your age}$. For

instance, for a person of 35 years old : $220 - 35 = 185$ pulse/min.

4. Entering your data :

You can choose the goals of your workout between time, Press the MODE button so that the values starts flashing, then use the + or - button to modify the value, finally press the MODE button to validate. Do as before to program the other values then press the START / STOP button to start the program.

For a quick start, directly press the START/STOP button once the program is selected and start pedaling.

Note : Pay attention when entering your age so that your Max HR % is properly calculated.

During the heart rate program, you cannot modify the level of resistance, it will change automatically according to your heart rate goal.

Note : Always keep your both hands on the contacts.

WATT PROGRAM:

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a user :

See page 11.

3. Select the watt program

Select the watt program by sliding your finger on the + or - button. Once the word WATT is selected, press the MODE button to validate.

3. Entering your data :

You can choose the intensity of your program.

120 watts will flash on the display, slide your finger on the + or - button to modify the value between 10 and 350, and press the MODE button to validate.

You will then be able to choose the goals of your exercise : time, distance, calories or pulse. Press the MODE button so that the values starts flashing, then use the + or - button to modify the value, finally press the MODE button to validate. Do as before to program the other values then press the START / STOP button to start the program.

For a quick start, directly press the START/STOP button once the program is selected and start pedaling.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly.

Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild detergent.

Important: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.

NOTES

EXERCISE GUIDELINES

WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training one. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

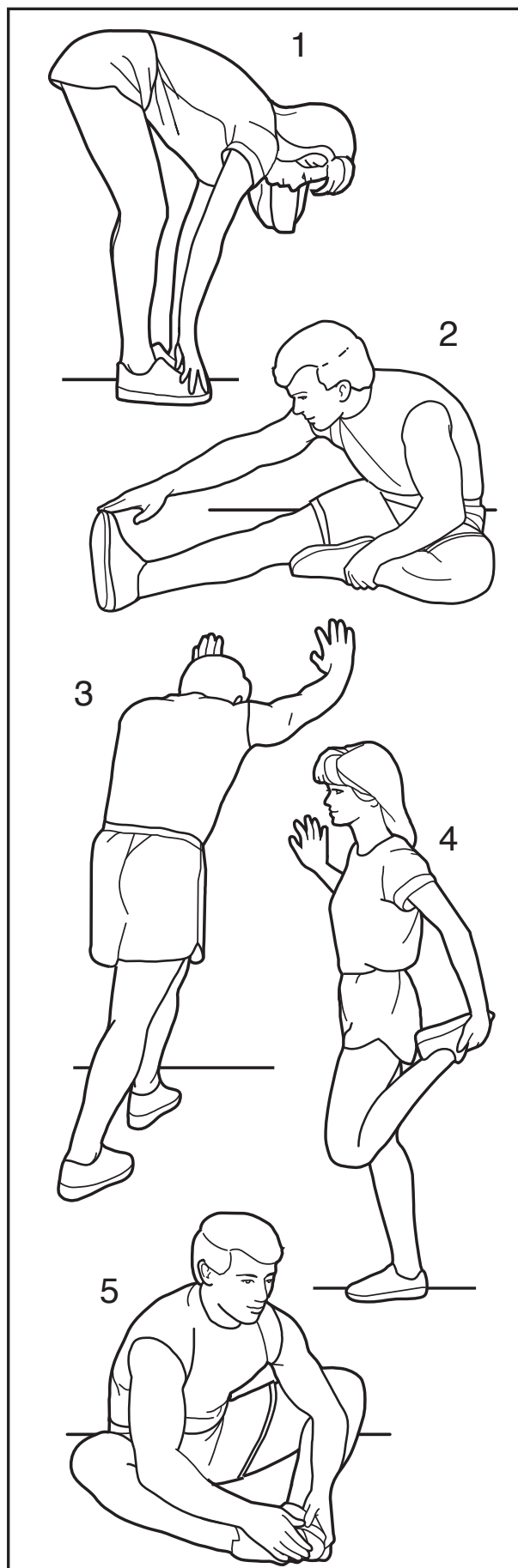
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

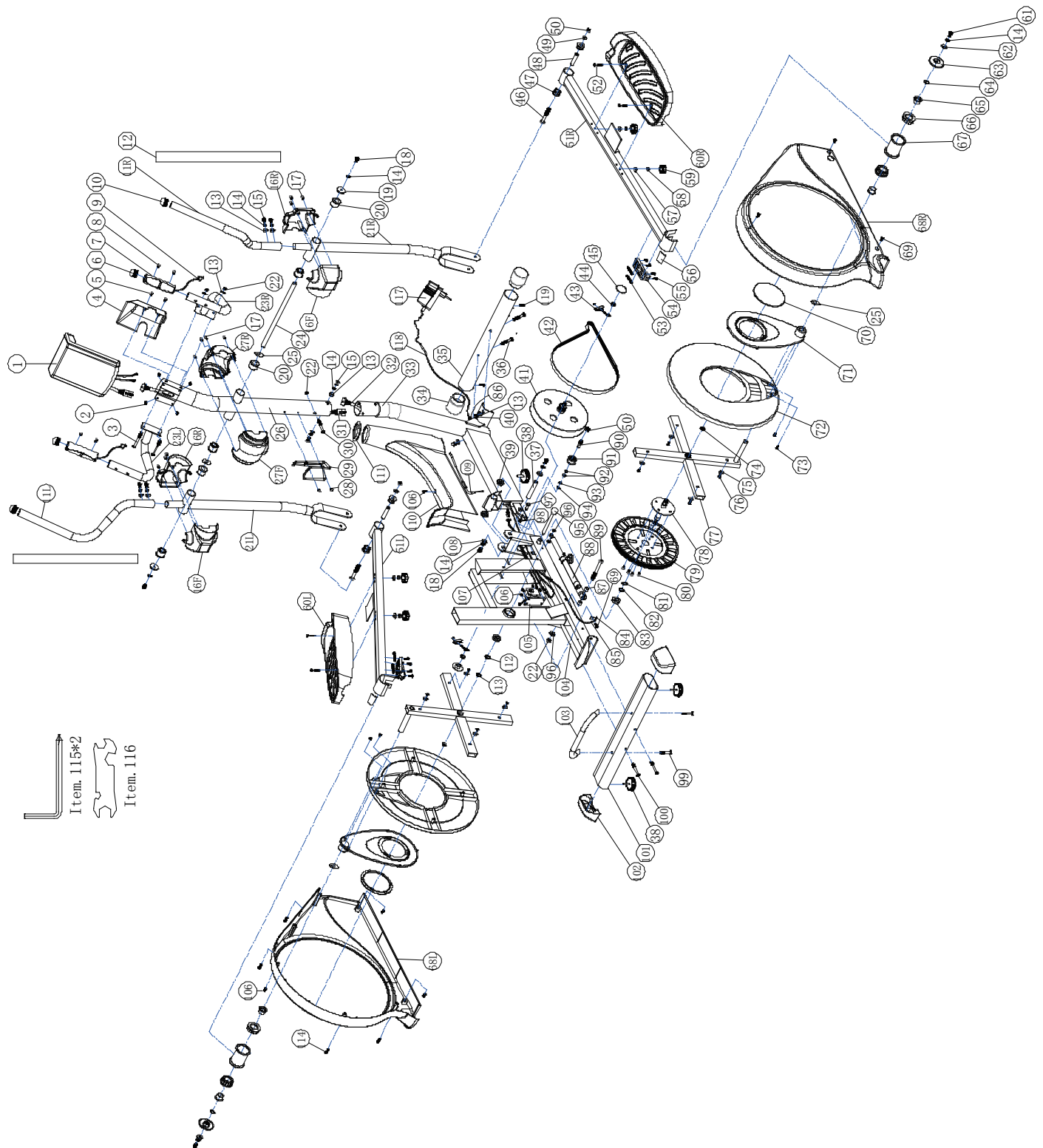
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



EXPLODED DRAWING—Model No. PFIVEL74613.0



PART LIST—Model No. PFIVEL PFIVEL74613.0

Item	Description	Qty.	Item	Description	Qty.
1	Compteur	1	60	Plaque (L+R)	1
2	Vis M5*12	4	61	Boulon Allen M8*30	2
3	Boulon Allen M8*85	2	62	Rondelle Ø8*Ø21*2T	2
4	Support de Compteur (L+R)	1	63	Cache plastique 8209	2
5	Vis M5*20	2	64	Rondelle ondulée Ø19*Ø23*0.5T	2
6	Cache Ø32	2	65	Bush Ø19*34*19	4
7	Plaque de pulsation Ø32	2	66	Cache plastique	4
8	Vis autoperforante M3.5*20	4	67	Tube	2
9	Cable des capteurs de pouls	2	68	Carter (L+R)	1
10	Cache Ø32xØ50	2	69	Vis M5*15	5
11	Bras (L+R)	1	70	Cache plastique	2
12	Mousse Ø32*3T*630mm	2	71	Cache plastique	2
13	Rondelle ondulée Ø8*Ø19*1.5T	10	72	Disque	2
14	Ressort Ø8	12	73	Vis autoperforante M4.5*10	4
15	Boulon Allen M8*20	6	74	Vis de bridage M10*1.25	2
16	Cache plastique des bras	2	75	Rondelle Ø6	8
17	Vis autoperforante M4*15	10	76	Vis autoperforante M4*15	8
18	Boulon Allen M8*20	4	77	Pédalier	2
19	Rondelle Ø8*Ø36*3T	2	78	Axe de support de poulie	2
20	Tube Nylon Ø19*Ø38	6	79	Poulie de courroie 305J6	1
21	Jambe (L+R)	1	80	Boulon Allen M6*10	4
22	Ecrou M8	4	81	Rondelle en vague	1
23	Guidon	2	82	Rondelle	1
24	Axe de pivot des bras	1	83	Roulement	2
25	Rondelle Ø19.5*Ø38*0.5T	4	84	Sensor Set	1
26	Montant	1	85	Cable du capteur 600mm	1
27	Cache du montant (F+R)	1	86	Cable du transformateur 400mm	1
28	Vis M5*15	2	87	Bague Ø13*5	2
29	Support de bidon	1	88	Piston	1
30	Boulon Allen M8*70	1	89	Boulon Allen M8*100	1
31	Cable de connection haut 850mm	1	90	Axe Ø10*42	1
32	Cable de connection bas 1250mm	1	91	Poulie Ø37*20.5	1
33	Front Main Frame welding	1	92	Rondelle	2
34	Bouchon tube avant Ø65	2	93	Rondelle ondulée Ø10*Ø14*0.5T	1
35	Stabilisateur avant	1	94	Clip Ø8	1
36	Boulon M8*75	2	95	Boulon	1
37	Tube Ø14.5*86	1	96	Rondelle	3
38	Molette M8*30(8103)	3	97	Boulon de cylindre	1
39	Bague pour le pivot	2	98	Clip Ø6	1
40	Ecrou à tête M8	2	99	Boulon Allen M8*60	2
41	Roue d'inertie	1	100	Boulon Allen M8*110	2
42	Courroie	1	101	Stabilisateur arrière	1
43	Kit de tension de roue d'inertie	2	102	Cache du Stabilisateur arrière	2
44	Vis à Colletette 3/8	2	103	Poignée	1
45	cache de l'axe	2	104	Structure principale	1
46	Boulon Allen M10*90	2	105	Moteur	1
47	Bague pour axe de support pied 14*32	4	106	Vis M5*20	7
48	Tube Ø14*72.2	2	107	Cable bas du compteur 450mm	1
49	Rondelle	2	108	Rondelle	2
50	Ecrou M10	3	109	Connectique	1
51	Support de Pied (L+R)	1	110	Cache plastique avant	1
52	Boulon M6*55	4	111	Bague plastique	1
53	Ressort	4	112	Rondelle Ø20*Ø25*2T	1
54	Blocage de pédale	2	113	C-Sharp Clip Ø18	1
55	Vis M5*12	8	114	Vis autoperforante M4.5*25	4
56	Coussin en caoutchouc	2	115	Clé Hexagonale 5mm	2
57	Rondelle Ø6	4	116	clé multiple	1
58	Ressort	4	117	Adapteur	1
59	Molette de serrage des pédales	4	118	Cable	1

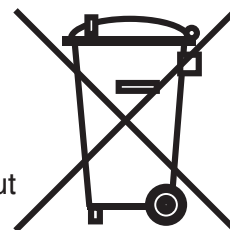
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



TECHNICAL SPECS.

Product dimensions : (L x l x h) : 143 x 68 x 153 cm

Product weight : 51 Kg